

**What is claimed is:**

1. A single-sided adhesive tape comprising:  
a film; and  
a pattern on said film comprising adhesive and non-adhesive sections, wherein the pattern is repeated more than two times across said film with a predetermined spacing therebetween.
2. A double-sided adhesive tape comprising:  
a film having two opposing sides; and  
on each side, a pattern comprising adhesive and non-adhesive sections, wherein the pattern is repeated more than two times with a predetermined spacing therebetween.
3. A tape according to Claim 1 or Claim 2, wherein the adhesive sections of the adhesive tape are narrower than the non-adhesive sections.
4. A tape according to Claim 1 or Claim 2, wherein the adhesive sections and non-adhesive sections are formed in a stripe, checkerboard, wave or dot pattern.
5. A tape according to Claim 4, wherein said film comprises a material selected from the group consisting of paper, cloth, synthetic plastics, gold foil, silver foil, and clear, opaque and transparent sheets.
6. A tape according to Claim 1 or Claim 2, wherein said film comprises a note pad.

7. A tape according to Claim 1 or Claim 2, further comprising a dispenser containing said tape, said dispenser having an arrangement on an inside cover and at a tape outlet of said dispenser which permits the adhesive tape to be moved within and discharged from said dispenser without substantially adhering to said dispenser.

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